



Teresa Hernandez

Reformer Pilates Trainer

Certifications

500+ hours of Pilates training, Comprehensive Pilates certification for all Apparatus.
Certificate in Movement Principles from Balanced Body.

About Me

I grew up on the plains of South Dakota where I pedaled my bike daily and enjoyed riding my horse Twisty. I competed as a barrel racer and participated in high school cheerleading. I've always loved movement and the great outdoors. My husband and I have had seasons enjoying camping, water skiing, snow skiing and cycling. I continue to cycle with my husband enjoying both road-cycling and gravel-biking together on a tandem bike. My greatest love of all however is being a wife to my husband Rob (of 43 years!) and raising two sons, Nate and Jake. Rob and I serve as missionaries to help strengthen marriages and families, and one of the ways is through maintaining strong healthy bodies. The home is where you'll find me most of the time, cooking and baking and preparing for guests. Practicing hospitality is one of the greatest joys of my life where we use the table to serve guests, share life stories and offer healing through caring for others. When it comes to teaching Pilates, my greatest joy is helping to heal broken, overused and stressed bodies so that lives are lived to the fullest.

Personal Interests

I enjoy curling up to a good book, walking and hiking the trails of Bella Vista. I also enjoy crafts where I make all my own greeting cards. Another happy place is simply time alone on my reformer in our home studio.

Contact Information

Text: (501)-247-0983

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